

January 2020

Open Mon - Fri, 8:00am - 4:00pm
 16 W. Virginia St. Evansville, IN 47710
 (812) 464-7804 or (800) 253-2188 www.swirca.org
 Kristin Hood – Healthy Aging Director
 Kim Morehead – Healthy Aging/Volunteer Coordinator

SWIRCA Activity Center Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meet Furry Friends From  Suzi The Therapy Dog with her handler Rita Wednesday, January 22 at 8:45 am		1  SWIRCA Closed	2 8:30 Chair Yoga 10:00 Po-Ke-No 11:30 Lunch 12:45 Bingo 2:00 Arthritis Exercise	3 Today's Sponsor Together Homecare 8:00 Enhance Fitness 9:30 Stretch & Tone 11:30 Lunch
6 8:00 Enhance Fitness 9:30 Tai Chi 11:30 Lunch 12:45 Po-Ke-No 3:00 Chair Yoga	7 Today's Sponsor Good Samaritan 9:00 Line Dancing 11:30 Lunch 12:45 Bingo 2:00 Arthritis Exercise	8 8:00 Enhance Fitness 9:00 Hearing Test Audibel 9:30 Stretch & Tone 11:30 Lunch 12:30 Delay the Disease	9 8:30 Chair Yoga 10:00 Po-Ke-No 11:30 Lunch 12:45 Bingo 2:00 Arthritis Exercise	10 Today's Sponsor Woodmont 8:00 Enhance Fitness 9:30 Stretch & Tone 11:30 Lunch 12:45 Movie Day
13 8:00 Enhance Fitness 9:30 Tai Chi 11:30 Lunch 12:45 Po-Ke-No 3:00 Chair Yoga	14 9:00 Line Dancing 9:00 Suzi-Therapy Dog 11:30 Lunch 12:45 Bingo 2:00 Arthritis Exercise	15 8:00 Enhance Fitness 9:30 Stretch & Tone 11:30 Lunch 12:30 Delay the Disease	16 Today's Sponsor Solarbron 8:30 Chair Yoga 10:00 Po-Ke-No 11:30 Lunch 12:45 Bingo 2:00 Arthritis Exercise	17 9:00 Stretch & Tone BINGOPALOOZA! Bingo packets on sale at 9:00 am Lunch at 11:30 
20  SWIRCA Closed	21 9:00 Line Dancing 11:30 Lunch 12:45 Bingo 2:00 Arthritis Exercise	22 8:00 Enhance Fitness 8:45 VHS Furry Friends 9:30 Stretch & Tone 10:30 What's the Buzz? 11:30 Lunch 12:30 Delay the Disease 	23 Today's Sponsor Encompass 8:30 Chair Yoga 10:00 Po-Ke-No 11:30 Lunch 12:45 Bingo 2:00 Arthritis Exercise Tropicana 5:00 pm	24 8:00 Enhance Fitness 9:30 Stretch & Tone 11:30 Lunch
27 8:00 Enhance Fitness 9:30 Tai Chi 11:30 Lunch 12:45 Po-Ke-No 1:45 Card Making with Monica 3:00 Chair Yoga	28 9:00 Line Dancing 11:30 Lunch 12:45 Bingo 2:00 Arthritis Exercise	29 8:00 Enhance Fitness 9:30 Stretch & Tone 11:30 Lunch 12:30 Delay the Disease 12:30 Book Club	30 8:30 Chair Yoga 10:00 Po-Ke-No 11:30 Lunch 12:45 Bingo 2:00 Arthritis Exercise	31 8:00 Enhance Fitness 9:30 Stretch & Tone 11:30 Lunch


All activities and events are subject to change without notice

All ticket sales are final - no refunds





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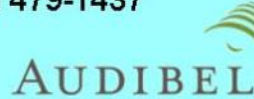


FREE HEARING TEST!
@ SWIRCA...
Wednesday, January 8th - 9:00 am

SWIRCA Members get 10% OFF!

Most insurances accepted including: UMWA, IN Medicaid, HIP, Anthem BC/BS, Toyota, and Many more!


sponsored by:
Better Hearing Center
 607 South Villa Dr.
 Evansville, IN 47714
 (812) 479-1437



Join the Activity Center

Become a member of the Activity Center, we offer Exercise classes, an Exercise Room, Wellness Presentations, Billiards Room and a Variety of Social Activities.

Only \$30 Annually, for more information see someone at the front desk or call 812-464-7804.





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Give your family what no one else can give... your memories

Legacy Video

BINGOPALOOZA!
 Bingo packets on sale at **9:00 am**
 Lunch at 11:30


Call 812-604-1285



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INDEPENDENT LIVING



REDUCE YOUR RISK FOR TYPE 2 DIABETES

New classes start January 21 and February 4, 2020

Learn more or register for a class at **812-426-9895**



ELDER LAW ATTORNEYS

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SWIRCA & More Activity Center

TROPICANA

EVANSVILLE

DOWNTOWN EVANSVILLE, IN • 1-800-342-5386

Dinner at SWIRCA & More

Thursday, January 23 at 5:00 pm

Tickets: on sale Thurs, Dec 5 - Tues, Jan 21
\$10.00 per member; \$15.00 per non-member

Each Guest Receives \$15 Tokens

Menu: Lemon Herb Chicken, Rice Pilaf, Carrots, Sweet 'n Sour Slaw, Wheat Bread with Butter, Apple Pie with Ice Cream and Tea/Coffee

Sold on a "First Come First Serve Basis" or while tickets last at SWIRCA & More Activity Center 16 W Virginia St, Evansville, IN
All Ticket Sales Are Final - No Refunds Call 812-464-7804 for more information

SUPER BINGO

The day before the Super Bowl

02.01.20 | 6PM

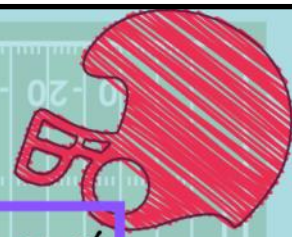
SWIRCA & MORE
SWIRCA.org/Super-Bingo



\$25 includes entry & 1st pack

\$6,000 Max Payout

\$200 includes 8 seats at a private table, 8 packs, & 8 drink tickets



Alaska Discovery Land & Cruise

featuring a 7-night Princess Cruise
September 12 - 23, 2020



For more information contact
Tracy Wilson at Tourcy, LLC
812-781-0201 or Tourcy20@gmail.com

Highlights: Fairbanks, Sternwheeler Discovery, Fannie Q's Saloon, Denali National Park, Tundra Wilderness Tour, Luxury Domed Rail, Anchorage, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, Inside Passage

Join us for
Movie Day
at SWIRCA & More



Enjoy the January movie
of the month on
Friday, January 10 at 12:45pm.
Call 812-464-7804
for movie information.

Inclement Weather Policy

If the Evansville Vanderburgh School Corporation is **CLOSED** SWIRCA & More Activity Center and Ivy Café will open at 10:00 am with **NO** regular scheduled activities.

If the Evansville Vanderburgh School Corporation is **DELAYED** SWIRCA & More Activity Center and Ivy Café will open with regular scheduled activities at 10:00 am.

Please check **WFIE Channel 14** for information

BINGOPALOOZA!

Lunch & Bingo Friday, January 17, 2020

Bingo Packets on Sale at 9:00am - Lunch 11:30am - Bingo Following Lunch

16 games - Packets sold day of Bingo.

Must have a lunch ticket to play Bingo, Lunch Ticket: \$5.00 donation 60+, Under 60 \$7.00. Must complete Participation Form.

If you are in our system, you will not need to complete a new form. Bingo Cards: \$5.00 per packet (16 games — \$.31 per game). Daubers: \$1.50 each.

See Jackie in the Ivy Café or the Nutrition Office for tickets
On sale December 23 - January 14



AARP Tax Aide

AARP will be assisting seniors, age 50+, with filing their taxes. Help sessions in the SWIRCA & More Activity Center will be held **every Monday** from 11:30am-3:30pm starting February 3 through April 6



What's the Buzz??

Join us for a presentation in this educational series:
Natural Gas Safety-A Representative from Vectren

Learn how natural gas is a safe source of energy, how to respond if you detect a natural gas leak and the importance of calling 811 before digging.

Wednesday,
January 22
10:30 am

PASATS

DELAY THE DISEASE

THE #1 PARKINSON'S EXERCISE PROGRAM

WEDNESDAYS 12:30 PM - 1:30 PM

Please call 812-686-2729
to register for class
and cost.

The class is designed specifically for anyone with a diagnosis of Parkinson's Disease and his/her care partner. No specific skill level is required to participate. Chair class is designed for those with impaired balance, unsteady or limited movement, or those who depend on wheelchairs and assistive devices. The exercises emphasize motor and cognitive skills.